

Turnips

Turnips have a slightly strange spicy taste. A special texture and taste is added to meals that include turnips and turnip greens. They can be used in place of potatoes in casseroles, soups, or prepared as mashed turnips. Turnips can be fried with onions and potatoes. They can be sliced or diced with or without skins and frozen, as long as they are washed well. Turnips may be sliced and eaten raw. This is the most likely way to get an upset stomach. Once, turnips were commonly grown and eaten. They are easy to grow in a tiny garden plot or a large container.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Onions
- Pepper
- Spices
- Turnips

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of diced turnips

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and dice 15 ounces of turnips.
2. Add to 1 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of diced turnips
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.